

CLAIMS

What is claimed is:

1. A composition suitable for human consumption comprising:  
a dietary acceptable amount of a first soluble fiber comprising inulin; and  
a dietary acceptable amount of a second soluble fiber,  
wherein the composition is a beverage having a viscosity on the order of 1.4 centipoise or less.
2. The composition of claim 1, wherein the dietary acceptable amount of the first fiber comprises about 0.26 to six percent by weight of a beverage volume.
3. The composition of claim 1, wherein the dietary acceptable amount of the second fiber comprises about 0.0026 to 33 percent by weight of a beverage volume.
4. The composition of claim 1, further comprising a dietary acceptable amount of ascorbic acid.
5. The composition of claim 1, wherein the composition has a pH less than six.
6. A method comprising:  
administering a beverage composition suitable for human consumption  
comprising:  
a dietary acceptable amount of a first soluble fiber comprising inulin; and  
a dietary acceptable amount of a second soluble fiber,  
wherein the composition has a viscosity on the order of 1.4 cp or less and  
represents a portion of a daily predetermined amount of soluble fiber.

7. The method of claim 6, wherein the portion represents less than the daily predetermined amount of soluble fiber.
8. The method of claim 6, prior to administering, further comprising:  
preparing the beverage composition from a dry mix by combining with a liquid.
9. The method of claim 8, wherein the dry mix is combined with water.